

# Building Independence & Fostering Resilience



As children get older, it is expected that they can manage more complex tasks and practice decision making with more independence. Some are more confident, while others may need more encouragement.

It can be challenging for a child to build resilience if it is not learned from an early age. It can also be tricky trying to find a point where your children are challenged and learn through trial and error, but also feel secure and know that they have support.

Resilient children are more likely to take healthy risks and 'bounce back' because they are not afraid of falling short of their expectations. They are curious, brave, and trusting of themselves and their capacity.

Resilient children know their limits and they may push themselves to step outside of their comfort zones. Resilience is not something that children either have or don't have; it's a skill that they develop as they grow.

## Learning objectives:

- Build, strengthen and promote independence
- Develop a clear understanding of the importance of building children's resilience
- Develop everyday strategies for building children's resilience
- Create opportunities for healthy challenges

## How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online via Zoom or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.



## Additional information

- \* Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- \* Delivery of workshops outside of standard working hours may be an option – please contact to discuss.
- \* This workshop is 90 minutes long.
- \* Workshop content can be modified to meet the needs of particular kindergartens/educators.

## Cost

\$450 per session plus GST

**For more information or apply for this program contact:**

Bethany Community Support **Ph: 03 5278 8122**

Email us on [schoolreadiness@bethany.org.au](mailto:schoolreadiness@bethany.org.au)